

# BeWell

2ND QUARTER 2021

**HI** Huntington  
Ingalls  
Industries

**PROTECT YOURSELF  
AGAINST MISINFORMATION**  
KNOW THE FACTS ABOUT COVID-19 VACCINES



UP AND RUNNING AGAIN • PREP FOR THE NEW PLAN YEAR • HERO TO THE RESCUE • SAVING FOR RETIREMENT

## FROM KNEE INJURY TO MARATHON FINISH LINE

"I had started going to the Hill Family Health Center right off the bat when it opened in March 2016 and even moved my primary care there," he said. "Thankfully the orthopedist said it was okay for





the health center to do my knee treatments, so for six months every other week I went to the health center. I'd leave after a work meeting and head across the street, and then I'd be back in half an hour — it was so easy."

Eventually, Long had surgery to permanently correct the issue and has had no functional problems since. Now he's using his knee to its full potential by running longer distances.

"I had been jogging two miles a day until my knee issue, but once it was fixed, I started running more," Long said. "Last year, as my son Ben started working out more, peer pressure set in and the distances got longer."

In October 2020, Long began an eight-week running plan

to complete a half marathon on the last day of the eighth week. Ahead of his own curve, Long ran his first half marathon by the seventh week of his plan.

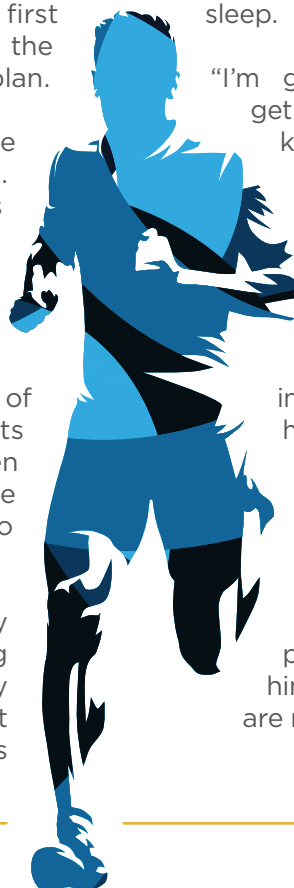
"Running makes me feel good," he said. "I've done seven runs that are 13.1 miles or longer since then and actually completed my first marathon at 26.2 miles. There's a lot of great health benefits to running — I've seen my resting heart rate and my cholesterol go down."

Conditioning his body through running, Long has dropped his daily average resting heart rate from 68-70 beats

per minute to as low as 49. He also attributes running to his boost in energy and better sleep.

"I'm glad I was able to get treatment for my knee at the Family Health Center," Long said. "It probably would have been a three-hour ordeal for every appointment if I went to a doctor in town, and I would have had to go at the end of the day which would take more time from work and my personal life."

Instead, Long's knee problems are behind him, and in front of him are miles of road to run.



# PROTECT YOURSELF AGAINST MISINFORMATION

## KNOW THE FACTS ABOUT COVID-19

**NOT ONLY IS THE COVID-19 VACCINE THE NUMBER ONE WAY TO PROTECT YOURSELF FROM CONTRACTING CORONAVIRUS, IT ALSO ADDS ANOTHER IMPORTANT LAYER OF PROTECTION FOR YOUR FAMILY, YOUR COWORKERS AND YOUR COMMUNITY.**

If you're still considering whether to get your vaccine, make sure you know the facts and aren't misled by myths.

**MYTH: The COVID-19 vaccines weren't properly tested.**

**FACT:** COVID-19 vaccines were tested in clinical trials involving tens of thousands of people to make sure they meet safety standards and protect adults of different races, ethnicities and ages, including adults over age 65. The vaccines meet the U.S. Food and Drug Administration's rigorous scientific standards for safety, effectiveness and manufacturing quality.

**MYTH: If you have already had COVID-19 and recovered, you don't need to get the COVID-19 vaccine because you are immune.**

**FACT:** Due to the severe health risks associated with COVID-19 and the fact that reinfection with COVID-19 is possible, you should get vaccinated regardless of whether you already had a COVID-19 infection.

**MYTH: It isn't safe to get a vaccine if you have an underlying medical condition.**

**FACT:** People with underlying medical conditions can receive a COVID-19 vaccine as long as they have not had an immediate or severe allergic reaction to a COVID-19 vaccine or any of the ingredients in the vaccine. Vaccination is an important consideration for any adult with underlying medical conditions because they are at increased risk for severe illness from COVID-19.

**MYTH: The COVID-19 vaccine will alter your DNA.**

**FACT:** The COVID-19 vaccine will not alter your DNA. The mRNA from a COVID-19 vaccine never enters the nucleus of your cells, which is where your DNA is housed. This means the mRNA cannot affect or interact with your DNA in any way.

**MYTH: The COVID-19 vaccine won't work on new variants of the virus.**

**FACT:** So far, studies suggest that antibodies generated through vaccination recognize new COVID-19 variants. This is being closely investigated and more studies are underway.

**MYTH: After getting a COVID-19 vaccine you**







**will test positive for COVID-19 on a viral test.**

**FACT:** You will not test positive for COVID-19 on a viral test after receiving the vaccine. Neither the recently authorized and recommended vaccines nor the other COVID-19 vaccines currently in clinical trials in the U.S. can cause you to test positive on viral tests, which are used to see if you have a current infection.

**MYTH:** It isn't safe to get a COVID-19 vaccine if you would like to have a baby one day.

**FACT:** People who want to get pregnant in the future may receive the COVID-19 vaccine. Based on current knowledge, experts believe that COVID-19 vaccines are unlikely to pose a risk to a person trying to become pregnant in the short or long term. Women who are currently pregnant or breastfeeding can also get vaccinated.



## HII employees share why they chose to receive the COVID-19 vaccine.

"I decided to get the COVID vaccine to keep from contracting the COVID-19 virus again ... I'm glad that I got the vaccine because I don't want to be a spreader to my family."

— Sophronia Wilson, Ingalls Shipbuilding

"I didn't see my parents in the whole year of 2020 to keep them safe. And so the vaccine is important for all of us so we can move on with our lives ... or we will be dealing with this pandemic from years to come."

— Walter Williams, Newport News Shipbuilding

"I am a volunteer first responder and have had many exposures on calls. At my age, I am in a high risk group and do not want to contract the virus."

— Tucker Smith, Technical Solutions

Learn more about COVID-19 vaccines at [huntingtoningalls.com/employees/coronavirus-resources/covid-19-vaccines/](https://huntingtoningalls.com/employees/coronavirus-resources/covid-19-vaccines/).

Source: Centers for Disease Control and Prevention

# IT'S TIME FOR THE NEW PLAN YEAR

## YOUR 2021-2022 BENEFITS TAKE EFFECT JULY 1

Summer marks the official start to your 2021-2022 benefit plan year, and HII wants to make sure you're ready to take advantage of it. Follow these tips to get ready.



Look for important benefits information in the mail. If you and/or your dependents enrolled in new coverage, you may receive new insurance cards and dependent verification instructions.



Review your payroll deductions after July 1 to ensure everything is correct.



Review in-network care in your area. Log into UPoint from [hiibenefits.com](https://hiibenefits.com) to use the "Find Your Provider" tool, or download and search for providers on Anthem's Engage app\*.



Check the balance of your health care and dependent care flexible spending accounts.

**Take advantage of programs that are available starting July 1, including Vida, Maven and Know Your Numbers.**

*\*The Anthem Engage app is available to non-represented Ingalls Shipbuilding and Newport News Shipbuilding employees as well as HII Corporate employees.*





## ADDED BENEFITS: CHECK OUT HII'S FREE NEW WELLNESS PROGRAMS

Starting July 1, employees and dependents enrolled in select Anthem plans will have free access to both Vida and Maven\*.

### VIDA: WELLNESS COACHING IN THE PALM OF YOUR HAND

Vida is a free digital benefit designed to help you define and meet your health goals — all from the palm of your hand. With the Vida app, you choose your health coach or nutritionist and work with them through messaging or video calls to meet your wellness goals. Coaches can help with both chronic conditions and lifestyle changes, including:

- Lowering blood pressure and cholesterol
- Managing or preventing diabetes
- Managing COPD
- Losing weight
- Exercising more
- Eating better
- Managing stress

Get started with Vida on July 1: [vida.com/hii](https://vida.com/hii).

*\*Vida will be available to to Newport News Shipbuilding, Technical Solutions, HII corporate and nonrepresented Ingalls Shipbuilding employees and their dependents enrolled in an HII Anthem medical plan. Maven will be available to non-represented Ingalls Shipbuilding and Newport News Shipbuilding employees as well as Technical Solutions and HII Corporate employees enrolled in an HII Anthem plan.*



### MAVEN: SUPPORT FOR GROWING FAMILIES

Maven is a free family benefit that offers full-service support for everyone planning, starting and raising a family. The program connects you with resources and providers for every step of your family's growth, including:

- Planning for children
- Fertility
- Adoption
- Maternity
- Surrogacy

When you use Maven, you connect with a dedicated care advocate who can help you build a care plan to meet your family's needs and get referrals for in-network specialists in your area. Plus, take advantage of access to unlimited on-demand video appointments and live classes to help you on your path to parenthood.

Sign up for updates at [mavenclinic.com/join/HII2021](https://mavenclinic.com/join/HII2021) to receive information on Maven when it becomes available July 1.





# SAVE MAJOR MONEY

ON YOUR MEDICAL  
INSURANCE PREMIUMS

## TAKE ADVANTAGE OF KNOW YOUR NUMBERS AND TOBACCO-FREE SAVINGS

### KNOW YOUR NUMBERS PROGRAM STARTS JULY 1

Take ownership of your health and secure a \$600 Know Your Numbers discount on your medical insurance premiums\*. Eligible employees will have from July 1 to March 31, 2022 to complete the program requirements, which include a wellness profile and health screening.

Everyone can benefit from knowing his or her numbers! Technical Solutions employees, represented employees and employees not enrolled in an eligible Anthem plan can complete the program to be entered into quarterly giveaways.

**Look for more information regarding Know Your Numbers in July.**



## UPDATE YOUR TOBACCO-USE STATUS **BEFORE JUNE 30**

Are you tobacco-free? Make sure to update your status! Salaried/non-represented employees and Newport News Shipbuilding United Steelworkers and Guards were reset to “tobacco user” during Annual Enrollment in April. If you do not use tobacco, make sure you update your tobacco-use status to “tobacco free” by June 30 to save \$660 on your HII medical insurance (\$650 in savings for Technical Solutions employees).

To identify as “tobacco free” and secure your savings, call the Huntington Ingalls Benefits Center at 1-877-216-3222 or update your status on UPoint through [hiibenefits.com](https://hiibenefits.com).

\*The Know Your Numbers program applies to non-represented Ingalls Shipbuilding, Newport News Shipbuilding and HII corporate employees who are enrolled in an HII Anthem PPO or CDHP medical plan. The program does not impact medical premiums for newly hired employees, represented employees or Technical Solutions employees. Represented employees, Technical Solutions employees and non-represented Ingalls, Newport News and HII corporate employees not enrolled in an HII Anthem medical plan can participate in the program on a voluntary basis to be entered into quarterly raffles for prizes. All medical information is protected by the federal law restricting release of medical information and not shared.

# HERO TO THE RESCUE:

## SEEKING HELP 500 MILES FROM HOME

Five hundred miles is a long ways from home. It can feel even longer — and lonelier — during a pandemic.

Morgan Sutherland, a graduate percussionist student at the University of Massachusetts Amherst and daughter of a Newport News Shipbuilding employee, was struggling with the effects that COVID-19 was having on both her education and personal life.

With classes being held virtually, little to no familiar social outlets and being far away from her family, she knew she needed to talk to someone.

“I was really struggling with feelings of being alone and being isolated from my friends and family,” Sutherland explained. “I hadn’t been home to see my family since the beginning of the school year and had to miss both Christmas and Thanksgiving due to the pandemic.”

Along with struggling with feelings of loneliness and missing her loved ones, Sutherland was also undergoing the rigorous process of applying to doctoral programs for the upcoming year.

“Applying to schools at any academic level can be stressful, but the isolation caused by the pandemic made those stressful and anxious feelings associated with the interviewing and application process even more challenging to cope with,” she said.

It was then that her mother suggested using HERO: HII Employees Reach Out. HERO offers employees and their dependents and household members free confidential support, including eight hours of no-cost counseling per issue per year, for personal and work-related challenges.

“I had used HERO in the past when applying to undergraduate programs in high school, and it was such a great asset to me during that transitional phase of my life,” Sutherland said. “I also like that when you use HERO, even as a dependent, you can create your own personal account and everything is confidential and private from others in your family.”

After talking to her mother about HERO, Sutherland logged into [www.hiihero.com](http://www.hiihero.com) and began her search for a therapist in her area.

**“The HERO website was so easy and accessible to use that I was able to find and talk with a therapist within the same week that I logged into HERO,” she said. “The website was very user friendly and allows you to search for the help you need based on criteria like location and whether you want to speak with a psychologist verses a counselor.”**

Sutherland worked with her therapist on how to cope with her anxiety and better manage other life stressors. She has since been accepted into a doctoral program and continues to work with her therapist as needed.

“Being able to talk with my therapist during this challenging time has been a game-changer,” she said. “My therapist was able to talk me through how to deal with my anxiety, and I now feel equipped for the future knowing that when I need to talk about something, I am not alone and can easily get in contact with my therapist thanks to the help I received from HERO.”



### Count on HERO: HII Employees Reach Out

HERO offers 100% free, confidential support to all HII employees and their dependents and household members.

**Call 1-855-400-9185 or visit [hiihero.com](http://hiihero.com)** (code “Huntington Ingalls”) to get started.



# SAVING FOR RETIREMENT, ONE BITE AT A TIME

You've heard the saying "there's only one way to eat an elephant: a bite at a time." The same mentality goes for tackling any big project, including saving for retirement.

With average lifespans increasing, employees need to save more for their years in retirement. This could mean needing thousands of dollars more to cover your lifestyle, future medical needs and more.

Let's say your goal is to retire at age 65 with \$1 million saved. Seems like a daunting task, right? With the bite-at-a-time method, it's doable.

## TIPS TO KICK-START YOUR SAVINGS

### 1. START NOW!

Make sure you are contributing to your HII 401(k) plan to receive the full company match — this is FREE money the company contributes to your account.

### 2. DEVELOP A STRATEGY AND STICK WITH IT.

Be patient with your investments and diversify your portfolio to weather the market's ups and downs.

### 3. REVIEW YOUR ACCOUNT PERIODICALLY.

Check on your investments throughout the year — especially after life events like getting married or having a baby — to ensure they are performing as expected.

### 4. THINK LONG-TERM AND KEEP YOUR GOAL IN MIND.

If you know you'd like to retire at age 65, for example, build that into your strategy and take steps each year to meet your goal.

### 5. DON'T BE AFRAID TO GET OUTSIDE HELP.

HII offers resources like Alight Financial Advisors, SmartPath and tools on UPoint's financial wellbeing portal to develop your savings timetable.

#### PRO TIP!

Don't know where to start with a retirement strategy? Turn to Alight Financial Advisors\* for online advice at no additional cost or enroll in the professional management program for hands-off peace of mind.

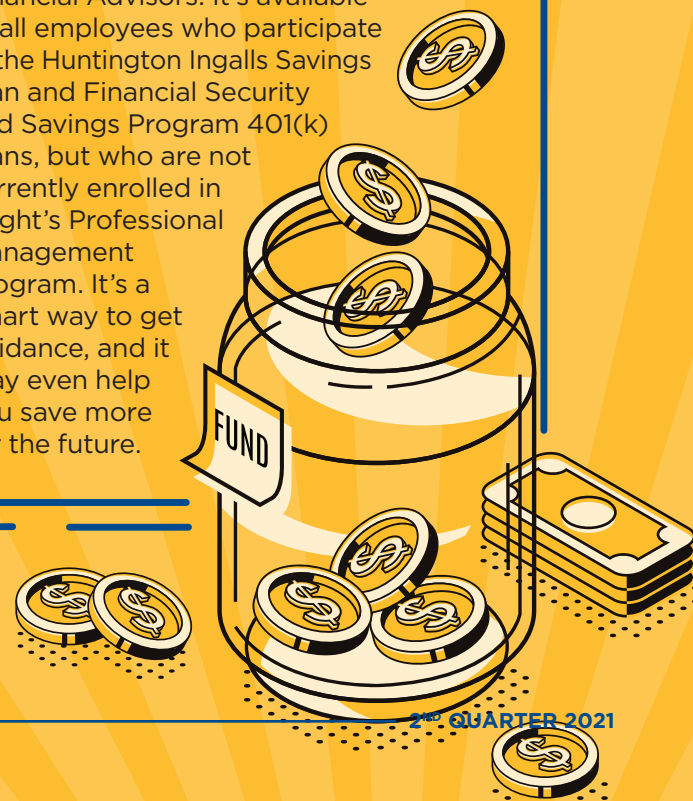
#### COMING SOON:

#### RETIREMENT EVALUATIONS

Starting this July, check your email and mailbox for your free personalized retirement evaluation from Alight Financial Advisors. It's available to all employees who participate in the Huntington Ingalls Savings Plan and Financial Security and Savings Program 401(k) plans, but who are not currently enrolled in Alight's Professional Management program. It's a smart way to get guidance, and it may even help you save more for the future.

#### DISCLOSURE:

*\*Your plan sponsor has hired Alight Financial Advisors, LLC (AFA) to provide investment advisory services to plan participants. AFA has hired Financial Engines Advisors L.L.C. (FEA) to provide sub-advisory services. AFA is a federally registered investment advisor and wholly owned subsidiary of Alight Solutions, LLC. FEA is a federally registered investment advisor and wholly owned subsidiary of Edelman Financial Engines, LLC. Neither party guarantees future results. All marks are the exclusive property of their respective owners.*





# SAVVY SUMMER SAVINGS

## CUT YOUR HOME ENERGY COSTS IN FIVE EASY STEPS

As temperatures begin to rise and the air conditioner clicks on, chances are your energy bill is starting to heat up too. The good news? Summer is a smart time to take advantage of energy-saving opportunities, which can save you hundreds of dollars a month. Start your summer savings with these tips from SmartPath, a no-cost financial education benefit available to all HII employees.

**1. KEEP IT COOL.** Clean or change your home's air filters monthly, because dirty filters force your system to work harder and use more energy than necessary.

**2. LIGHT UP YOUR HOME FOR LESS WITH LED LIGHT BULBS.** They use 90% less electricity, generate less heat and last 10-25 times longer than regular incandescent bulbs.

**3. CONTROL YOUR WATER HEATER.** Insulate your electric water heater with an insulated blanket to reduce additional energy loss.

**4. DON'T LET YOUR ELECTRONICS WASTE ENERGY.** Add power strips throughout your home, and be sure to turn the strip off when it's not in use.

**5. COOK SMART IN THE KITCHEN.** To check whether your refrigerator and freezer doors seal properly, close the door over a dollar bill. If the dollar pulls out easily, you may need to replace the seal around the door or adjust the door latch.

### LOOKING FOR MORE WAYS TO SAVE?

Schedule a free 30-minute financial checkup call with a SmartPath coach at [joinsmartpath.com/hii](https://joinsmartpath.com/hii).

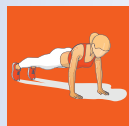
# SWITCH UP YOUR SUMMER WORKOUT

With Exercises You Can Do Anywhere

Ready to enjoy summer's warm weather, clear skies and fresh air? These five simple exercises don't require any special gym equipment — so staying active is as easy as stepping into your own backyard.



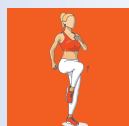
**1. MOUNTAIN CLIMBERS:** Start in a push-up position with your arms extended and your body in a straight line from your head to your ankles. Bring your right knee toward your chest, then switch and bring your left knee toward your chest. Keep alternating and pick up the pace as you feel comfortable.



**2. NARROW-ARMED PUSH-UPS:** Start in a plank with your hands directly under your shoulders. As you lower your body, press your elbows into the sides of your body and then extend back to your original position.



**3. JUMP SQUATS:** Stand with your feet shoulder-width apart. Squat until your thighs are parallel to the ground. Jump as high as you can and use your arms for momentum. As you land, gently bend your knees and sink back down into your squat position.



**4. HIGH KNEES:** With your feet hip-distance apart, lift your right knee as high as it will go and raise your opposite arm, as if you are running in place. Switch your legs quickly so your one knee is up before your other foot touches the ground. Increase speed as you get comfortable.



**5. WALKING LUNGES:** Begin standing with your feet hip-width together. Take a large step back with one leg. Drop your hips to the ground until your front leg forms a 90-degree angle. Pause at the bottom and reverse direction back to your starting position. Alternate legs to complete the set of lunges.

**“**When it comes to staying active outdoors, I like to find activities where I can involve my kids and dogs to help us all stay active and healthy. My favorite outdoor activities are letting my kids and dogs run off energy at the dog park, and to take them for a walk through the trail near our home. To me, there is nothing better than staying active and healthy while spending time with family and cherishing those moments together.”

— ROSE APONTE, BeWell for Life wellness coach at Ingalls Shipbuilding

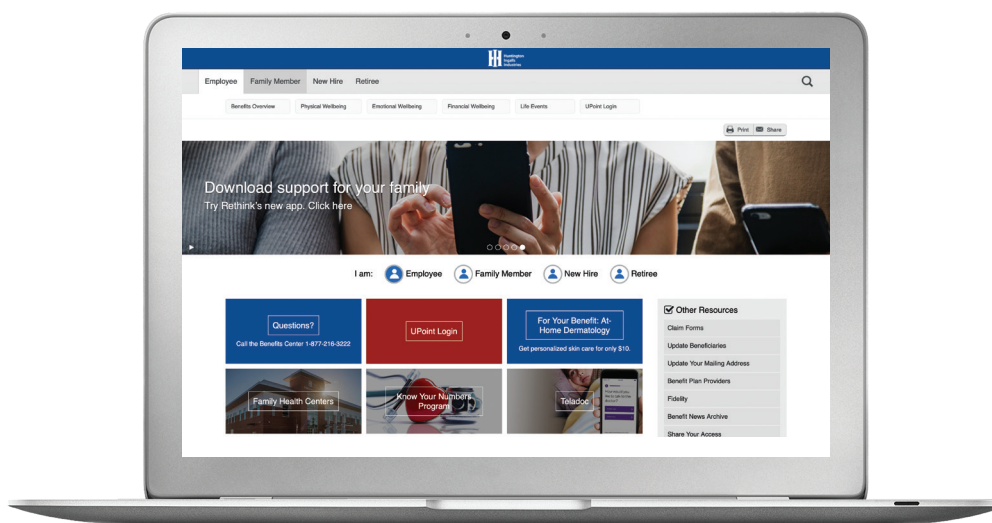
### WANT MORE FITNESS TIPS?

Schedule a no-cost appointment with a BeWell for Life wellness coach. Learn more about wellness appointments at [myquadmed.com/hii/guide/](https://myquadmed.com/hii/guide/).



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# YOUR BENEFITS RESOURCE IS **UPOINT.**

Access your personalized benefits information through UPoint. Visit [hiibenefits.com](https://hiibenefits.com) and log in to get started. **Questions? Call the HIBC at 1-877-216-3222.**

**HIIBENEFITS.COM**